



Prime Time News

November 2018

Fitchburg Senior Center
Volume VIII Issue 11

Look Ahead



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Holiday Closings
Nov. 22&23



Save The Date!

Our Christmas program will be Monday, Dec. 17.

Special guest:

Middleton Jazz Band!

Lunch at noon, performance at 12:30 p.m.

Veterans Day Recognition

Please join us for a very special program on

Friday, November 9 at 11:00 a.m.

The Fitchburg Singers will be singing songs from WWI, WWII and the Korean War. The Korean War will be the highlight of this year's program. The morning will also feature Eagle School students.

Lunch will immediately follow our program. BBQ Chicken, baked sweet potato and chocolate cake are on the menu. Reservations are required for the meal and can be made by calling 270-4290 by noon on Wed., Nov. 7.

Lunch for all Veterans and one guest will be paid for by the Fitchburg Senior Center Friends.

Please indicate if you are a Veteran when making your reservation.

Consumer Protection



On Wednesday, November 7 at 10:00 a.m., Sam Bach will be presenting on consumer laws and rights that impact you. Sam is a law student completing his final year at the University of Wisconsin Law School. Sam has worked in the Consumer Law Clinic at the Law School and in the Wisconsin Department of Justice's Consumer Protection and Antitrust Unit.

The presentation will cover a variety of topics, including preventing scams and what to do if you are or have been scammed, mortgages and foreclosures, and lending and debt collection practices.



Thanksgiving Meal with Virgil Grenia

It's nearing the end of the year! Join with friends at the Senior Center on **Monday, November 19 at noon** as we gather for a traditional Thanksgiving meal. To round out lunch, we will have wonderful music performed by Virgil Grenia. Virgil is a one-man band who has played the Madison circuit for well over 30 years. Call 270-4290 by **noon, Wed., Nov. 14.**

Indoor Walking—Break Away

Sports! It's time for indoor walking!

We are so thankful for the opportunity to walk at the indoor soccer facility, Break Away Sports—thanks, Matt! Join us every Tuesday & Thursday from 11:00 a.m. —12:00 p.m. 2018/2019 releases MUST be filled out before starting. Start date will be **Tuesday, November 6**. See you there!!
5964 Executive Dr. Fitchburg.



Get Rid Of Old Medication

Wednesday, November 14 from 10:00 a.m.—12:00 p.m. The Fitchburg Police will be onsite to remove: unwanted or unused medications (prescription or over-the-counter). Please place medications into a plastic bag (zip lock) for disposal. **No sharps, IV bags or Oxygen Tanks** will be allowed for collection.



Home Energy Assistance Program (WHEAP)

Do you need help with heating and/or electricity costs for the current heating season? The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Your household may be eligible for WHEAP services based on a number of factors, including household size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the energy supplier. The program uses the previous three months of total household income to determine program eligibility. For a one-person household, the three-month income limit is \$6,870. For a two-person household the limit is \$8,983.75. For more information or to apply for energy assistance, contact Energy Services, Inc. at 608-267-8601.



Mind

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, November 8 at 10:00 a.m.

Body

Memory Café

Every third Thursday.
Next meeting Nov. 15
at 10:30 a.m. Laughter
Yoga!

Spirit

Parkinson's Support With Bob Gilpatrick

Monday, November 19 at 2:00 p.m.

Wellness Checks W/ The Nurse

Thursdays 10:00 a.m.—12:00 p.m.
Services Offered:
Blood Pressure/Weight
Individual education on: chronic health problems, healthy lifestyles, nutrition, med management. Walk-ins welcomed. 270-4290

Free Hearing Aid Cleaning & Screening

Avada Hearing Care will be holding FREE hearing screenings at the Fitchburg Senior Center on

Friday Nov. 16 starting at 9:00 a.m.

Please call 270-4290 to register for your 20-minute slot.

They will be offering the following services:

- Free cleaning of all types of hearing aids
- Free screenings for hearing loss
- Free servicing of hearing aids



Salad Option Friday's

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

November



November Salads!

11/2: Beef Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla strips.

Meal items: Pears, apple sauce bar & bread

11/9: 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs.

Meal Items: Fruit Cocktail & Brownie

11/16: Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items: Bun, banana & cake

11/30: Chicken Confetti Salad

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

Dressing: Ranch

Meal Items: Cornbread & rice pudding

**Limited to dine in only.*

Travel!

TRAVEL WITH US



Sign up soon for these great trips!

Christmas At The Opryland Resort
December 2nd - 5th, 2018 \$1,439 pp, twin

Essence of Panama
February 14th - 23rd, 2019 \$3,599 pp, twin

Jekyll Island, Savannah, & Charleston
April 7th - 13th, 2019 \$2,999 pp, twin

Blue Ridge Country & Biltmore Estate
May 5th - 11th, 2019 \$2,197 pp, twin

Ireland
July 9th - 19th, 2019 \$4,297 pp, twin



Brochures at the Fitchburg Senior Center

Fitchburg Senior Center Friends
Questions? Call Kathy S. 608-274-2768

Early Voting Schedule—City Hall



Nov. 1: 7:30 a.m.—7:00 p.m.

Nov. 2: 7:30 a.m.—5:00 p.m.

If you need a ride, please call the Senior Center at 270-4290 or the "Traveling Pharmacist" Thad Schumacher of Fitchburg Family Pharmacy at 274-3784.

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REACH Book Club

REACH Book Club will meet on November 8, 2018 at 1:30 p.m. at the Senior Center. We will discuss the book, *The Tea Girl of Hummingbird Lane* by Lisa See. In their remote mountain village, Li-yan and her family align their lives around the seasons and the farming of tea. For the Akha people, ensconced in ritual and routine, life goes on as it has for generations until a stranger appears at the village gate in a jeep, the first automobile any of the villagers has ever seen. It is a moving novel about tradition, tea farming, and the bonds between mothers and daughters.

December 13, 2018: *Pilgrims: A Woebegon Romance* by Garrison Keillor

January 10, 2019: *Claire of the Sea Light* by Edwidge Danticat

February 14, 2019: *Look Homeward Angel* (Classic) by Thomas Wolfe

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. We do not meet in July or August.

Groups



Men's Group

Join us for our next meeting on
Tuesday, November 13 at 2:00 p.m.


For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Men's Group.



Active Women's Group

No Meetings in November or December 2018. See you next year!

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Active Women's Group.



The *I Love a Mystery Book Club* will not meet in November. It meets the 4th Thursday of the month but not in November or December due to the holidays.

Couples Dinner Group

Will not be meeting in November.



Women's Brunch

Women's Brunch at The Egg and I on the second Monday of every month at 10:00 a.m.

Those who would like to join should e-mail Sandy Ermis at skermis@hotmail.com or call 608-358-1698.



If you're struggling with the new trends in streaming TV options, call David at 270-4292



Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2019 Medicare Part D plans is now - Dec. 7, 2018. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2019. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets.

If you are single and your income is less than \$1,518 per month, and your assets are below \$12,600 you may qualify for Extra Help.

Appointments are available on Nov. 8 between the hours of 8:00 a.m. and 4:00 p.m. To make an appointment, please call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.



Meals in Memory....

In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory.

All who join us for lunch on this day will not need to make a donation.



DISCOVER *the difference*

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waterfordatfitchburg.com

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FoodWise Nutrition—Nov. 28

Lytonia with U.W. Extension is back talking about “All Star Senior Snacks” on Wednesday, November 28 at 11:30 a.m. Join us!

Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 1st & 3rd Wednesday at 1:00 p.m.



Upcoming Performances:

Nov. 7—All Saints. 2:00 p.m.

Nov. 9—Fitchburg Senior Ctr. 11:00 a.m.

Fun Zone

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m. (two tables)

Bunko—Wed. @1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.

\$20 Blackout Bingo!! Nov. 8

Special Sponsor:

Medical Insurance Solutions For Seniors

Game begins promptly at 12:30 p.m.

No Movie This Month

Closed on Nov. 23. Happy Thanksgiving!

Ukulele Network

The uke group strums every Tuesday at 1:00 p.m.

Do you have a ukulele and already know some basic chords?

Come play with us! Call Judy at 608-514-3274.

YES!!

Library Shuttle now available every Wednesday!
Call 270-4290 by noon one day in advance to register.

Exercise Opportunities

P.7

Zumba Gold

Thursdays: 10:00-10:45 a.m. \$18.75

November 8, 15, & 29 (only three this month).

Minimum sign-up of six.

Call 270-4290 or stop by to register and make payment.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$12 per month.

Build Your Core

Three weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, and on the floor.

Wednesdays: 9:30-10:30 a.m. \$18.75

November 14, 21, & 28

Call 270-4290 or stop by to register and make payment.



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

Yoga W/ Kurt—FALL SESSION 1

Mondays: Level 2: Nov. 5–Dec. 17; 9:15-10:30 a.m.; 6 weeks; \$48. **skip Dec. 10**

Level 1: Nov. 5–Dec. 17; 10:45 a.m.-12:00 p.m.; 6 weeks; \$48. **skip Dec. 10**

Wednesdays: Level 2: Nov. 7–Dec. 19; 9:15-10:30 a.m.; 7 weeks; \$56.

Level 1: Nov. 7–Dec. 19; 10:45 a.m.- 12:00 p.m.; 7 weeks; \$56.

Call 270-4290. Payment due upon sign-up.



Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends, we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk, or you can speak with a staff person to obtain an application. All applications are kept confidential.



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.

Transportation Services

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service—This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$22 & \$10. Call the Center for an appointment.
Must provide 2 towels.



Diabetic Footcare

November 16

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

Senior Center Help

Home visits / Three-Month Loan Closet / Meals on Wheels / Home Health / Insurance / Medicare Part D / Medicaid

Call Amy Jordan or Sarah Folkers at 270-4290 today!

Chair Massage W/ Gary Kuzynski

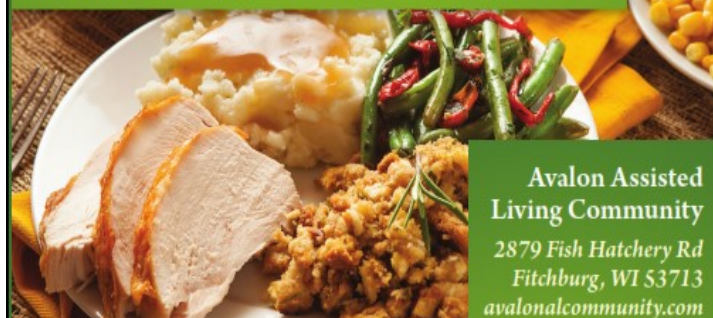
1st & 3rd Wednesday mornings

15 minutes = \$11 / 30 minutes—\$22

Call 270-4290 to register.



Call 608.274.4350 today to schedule a tour and enjoy a complimentary lunch!



Avalon Assisted Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avaloncommunity.com

The Fitchburg Senior Center Friends Our October column included many of the activities the Friends sponsored for Senior Month except for one, the free lunch held at the Center catered by HY VEE. In attendance were around 115 seniors who enjoyed a lovely box lunch of delicious sandwiches and a marvelous cake baked at the Rolling Pin Bakery.

In October we spent \$133.50 on special needs.

At the end of September, we said good-bye to several Board members whose terms ended, and a few who left in advance of that date. Mary Cochems left after serving a six-year consecutive term, and John Haberle left after a three-year term. Craig Davis, Rob Waterman and Dan Bach left prior to the end of their terms, all for very good reasons. We thank everyone for the time and talents that they brought to the Senior Center Friends Board and wish them well in the future. We hope to see them around.

New people appointed to the Board as of October 1, 2018 include Sandra Ermis, William Horns, John Pinkert, Robert Rottman, Dianne Schmidt and Kay Phistry. We look forward to this new Board and an ongoing bright future for the Fitchburg Center!



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608-270-4290

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

**Fitchburg Family
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Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

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9am-1pm, Sat



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November

2018

			Thursday 1	Friday 2
			Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/ Frosting MO – Bean Burger NCS – SF Pudding	Tuna Salad Sandwich on WW Tomato Bean Soup Pears Apple Sauce Bar MO – Egg Salad NCS – SF Cookie
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Enchilada Casserole Cauliflower Confetti Corn w/ Beans Mandarin Oranges Churro Cake MO – Bean Burrito NCS – SF Jell-o	Beef Stroganoff Stewed Tomatoes Mixed Green Salad Dressing Fruit Cocktail Apple Crisp MO – Soy Stroganoff NCS – Spiced Apples	Chicken Strips Green Beans Pea Salad Dinner Roll Fruit Cup Cake w/Frosting MO –Veggie Meatballs NCS – SF Cookie	Tuna Casserole Baby Carrots Pickled Beets Banana Lime Sherbet MO – Cheese & Tomato Sandwich NCS – SF Ice Cream	BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Chocolate Cake MO – 3 Veggie BBQ Meatballs NCS – SF Pudding
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Saucy BBQ Ribs Cheesy Potatoes Oven Roasted Root Vegetables Sourdough Roll Apple Pie MO – Veggie Burger NCS – Spiced Apples	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Red Beans& Rice NCS – Pineapple	Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Chocolate Cake MO – Garden Burger NCS – SF Cookie	Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll Ice Cream MO – Veggie Meatballs NCS – SF Ice Cream	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Cake MO – Soy Sloppy Joe NCS – SF Jell-o
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Turkey Mashed Potatoes Gravy Glazed Carrots Stuffing Cinnamon Apples Pumpkin Pie MO – Egg Salad NCS – SF	Chicken Mac Salad Marinated Tomatoes Broccoli Salad Fruit Cup Sugar Cookie MO – Veg & Cheese Mac Salad NCS – SF Cookie	Meat Spaghetti Wax beans Mixed Greens Dressing Peaches Brownie MO – Vegetable Marinara Sauce NCS – SF Pudding	<div>Closed</div> 	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Pork Loin in Gravy Mashed Potatoes Garden Vegetables WW Bread Mandarin Oranges Pudding MO –Hummus Wrap NCS – SF Pudding	Baked Chicken Mashed Potatoes Gravy Glazed Green Beans Mini Croissant Chunky Applesauce Ice Cream MO –Bean Burger NCS – SF Ice Cream	Lemon Baked Fish Baked Sweet Potato Tropical Fruit WW Bread/Butter Blueberry Pound Cake MO – Veggie Wrap NCS – Banana	Italian Sausage WW Bun Roasted Potatoes Stewed Tomatoes Orange Raspberry Jell-o MO – Garden Burger NCS – SF Jell-o	Chili Baked Potato/Sour Cream Banana Cornbread/Butter Rice Pudding MO – Veggie Chili NCS – SF Pudding

Reservations must be made by 12:00
the day before by calling 270-4290



Senior Dining



Fellowship, Food & Fun

Friday Salad Option

2nd -Beef Taco

9th -7 Layer

16th – Harvest

30th- Chicken Confetti

(Salads are dine-in only)

November 2018

Senior Center Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday																																																																																										
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5 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness		6 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Mahjong		7 8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko <u>2:00 PM Singers - All Saints</u>		8 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club		9 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness <u>11:00 AM Singers - Veterans Day Program</u> 1:30 PM Scrabble																																																																																										
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Tuesday, November 13, 2018

Time: 9:00 a.m. to Noon

Where: Fitchburg Farms
1839 Co. Hwy. MM



Register for this workshop by November 9, 2018

Call 270-4290

Limited spots available

FAIRY GARDEN WORKSHOP

Come and create your own Fairy Garden with the Fitchburg Senior Center and Fitchburg Farms. The cost is \$25 which includes a container, the rocks, soil, moss and three plants. Accessories for the garden are extra and are available for purchase. Scholarships available.

For those with an income limit at or below \$19,000 the cost is \$5.

This program is paid for by the Sushil Bansal Arts Fund